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Bangalore Mirror

TEMP Max 28 | Min 20 | Humidity 66% Partly Cloudy Sensex 66,160 | Nifty 19,646 | Gold 59,390 | Silver 74,040 | Dollar 82.26 | Euro 90.79 | GBP 105.67

TRACK EXTENSIONS

Take MEMU trains till Chikkaballapur, Kolar

PAGE 2

WASTE WEAPON

Bioremediation technique to remedy garbage issue

PAGE 4

As smart city stretches come apart with chipped-off roads, caved in tiles, lack of litter bins, there is no redressal mechanism in place

SMART BOTCH

Epicentres of disaster: Miller Road, Infantry Road, Commercial Street, Dispensary Road

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Recent spells of rain and long-term usage of roads and pavements refurbished by Bengaluru Smart City Ltd (BSCL) a year ago have exposed the substandard work done by the agency. Chipped-off roads, caved-in or loose pavement tiles, and poor planning of these stretches have left citizens fuming.

While various issues are cropping up in multiple BSCL's stretches across the city, citizens say they have been left clueless in the absence of a grievance redressal mechanism.

"The pavement tiles on Infantry Road have come so loose, pedestrians run the risk of twisting their ankles. Most of the tiles on the stretch are wobbly and the walkway is dangerous for senior citizens. This shows the low work quality of BSCL. There is no accountability of an effort being made on BSCL to maintain the stretches. Since there is no grievance redressal mechanism in place, citizens have to run from pillar to post to get any issue

CONTINUED ON PAGE 8 »

Damaged stretches at Palace Road, Miller Road and Cunningham Road Junction

> "Integrated Command and Control Centre went on the trial run on July 24 and is currently open for feedback from the public and experts. It will be up and functional by August 24*
>
> – BSCL official

(*it was supposed to be functional by August last year)

Flights of angst

Koramangala residents petition against low-flying commercial aircraft at night; HAL says all its flights related to defence

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Low-flying aircraft making loops at odd hours over houses in Koramangala, HAL and Ejipura has disrupted the sleep of countless residents of the area. Residents demand that commercial flights revise their flight timings to daytime.

The residents have no objection to flight loops conducted by defence flights even at night time, but they want that at least commercial flights restrict their schedule to before 10 pm.

They have now filed an online petition over this issue that has received 834 signatures as of now.

"We, the concerned residents, hereby petition Hindustan Aeronautics Limited (HAL) to immediately cease nighttime training flights over residential areas. The decision to permit private airlines to conduct flight training during late hours is causing significant disturbances and safety risks to our community. The frequency of these training flights over our densely populated neighbourhood is as often as once every few minutes. The constant low-flying and noisy aircraft between midnight and early morning have deprived us of sleep

CONTINUED ON PAGE 8 »

3 THINGS TO DO

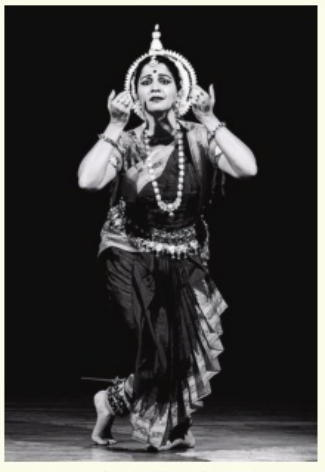
01 Poetry fest

The Bengaluru Poetry Festival is back with its 7th edition. This time, poets across all languages, lyricists, singers, performers, and musicians are set to be part of this exclusive event. The event is being presented by Atta Galatta and will feature poets like Javed Akhtar and Pandit Hariprasad Chaurasia inaugurating the festival.
Where: Grand Mercure Bengaluru, Gopalan Mall, Old Madras Road; When: August 5 and 6

02 Fancy collection

Don't miss out on the chance to visit the Rajasthan Handloom and Handicrafts Exhibition, which features a vast collection of cotton and silk handlooms from Karnataka and other states. You can get your hands on a variety of jewellery, such as silver, Kundan, meenakari, precious and semi-precious gemstones, paintings, leathercraft, and more. **Where: Someshwara Sabha Bhavan, RBI Layout, JP Nagar 7th Phase; When: until August 4**

03 Best of classical



Grab the chance to attend an evening of Odissi dance at Malleswaram. Nrityantar Academy of Performing Arts, Bengaluru, and Dr Usha RK, former Cultural Director of the Embassy of India in Moscow, are presenting 'Ashtakam'. The event is based on the eight-stanza compositions of Adi Shankaracharya Bhagawatpada. Entry is free for the audience.
Where: Seva Sadan;
When: Wednesday, August 2; 6 pm

Tribute to the heroes

Ex-servicemen, patriots and soldiers take part in a bike rally to bring awareness and celebrate Kargil Vijay Divas on Sunday in Bengaluru. The ride was organised to pay tribute to soldiers who sacrificed their lives during the war

MEMU: Connect these rail dots soon, please

Commuters and transport experts urge South Western Railways to extend MEMU trains until Chikkaballapur and Kolar; say it will benefit farmers and students

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PICTURE FOR REPRESENTATION ONLY

According to experts, the MEMU trains were originally introduced to help facilitate travel for those who frequent the airport

Frequent commuters have requested the South Western Railways (SWR) to extend services provided by MEMU (Mainline Electric Multiple Unit) trains to Chikkaballapur and Kolar.

Rajkumar Dugar, a public transport enthusiast and founder of C4C, said that the MEMU services are being run till Devanahalli currently. The MEMU trains were originally introduced to help facilitate travel for those who frequent the airport. The services that allowed commuters to reach the airport with relatively less travel time and economically, as the train fare was set at Rs 30–35 per person, were discontinued recently, with the railways citing low patronage as the reason. However, the services have now been revived.

Dugar pointed out that the SWR can increase their ridership significantly if they extend the MEMU services until Chikkaballapur. "There are thousands of farmers and students in Chikkaballapur who have to rely on other modes of transport since the MEMU trains have not been extended," he said, adding that since Chikkaballapur is only 20 kilometre away and the infrastructure has been completed, it will be a win-win situation for both commuters as well as the railways.

Furthermore, he noted that the services provided by MEMUs require massive tweaks in their functioning. C4C has previously written to the railway divisional manager, seeking improvements in the services.

"The MEMUs were being reversed at Devanahalli. They must be extended at least up to Chikkaballapur since thousands of farmers, students, and others will benefit," the group said.

It also suggested that punctuality must be given high priority as the MEMUs were run priorly, with less than 10 out of 100 trips being on time (+/- 2 minutes).

> **"There are thousands of farmers and students in Chikkaballapur who have to rely on other modes of transport** –Rajkumar Dugar

Other experts added that the line must be extended now that the electrification process has been completed.

Sanjeev Dyamannavar, a transport expert, said, "They must be extended and ensure that the total journey time is extended. The road traffic on the route to the airport has significantly increased. The railways must not consider the revenue aspect currently and must let the MEMUs run for a period of six months to one year for commuters to get familiar and make a permanent switch. Since the fare is very cheap, it will be of much use to those from poor backgrounds."

A frequent commuter on the route on Twitter with a video of a MEMU train running empty said, "Instead of running empty like this, kindly extend to Chikkaballapur or Kolar. It will be useful. There are just 10 passengers at the MEMU currently."

FINOLEX PIPES joined hands with Vijay Karnataka to felicitate its successful consultants, contractors, dealers and plumbers at the Namma Nayaka event

Support Pillars of FINOLEX PIPES felicitated

Successful consultants, contractors, dealers and plumbers of FINOLEX PIPES were felicitated at the 'Namma Nayaka' felicitation ceremony held in the city jointly by FINOLEX PIPES and Vijay Karnataka. Deepak Saluja, CEO of Bangalore Mirror and Vijay Karnataka, Sudarshan Channangihalli, Editor of Vijay Karnataka, Dr. KV Trilok Chandra, Special Commissioner, BBMP, CK Baba, DCP of the South East division and Muthukumar Iyer, AVP, Sales, FINOLEX PIPES are seen with the awardees.

The successful consultants, contractors, dealers and plumbers of the company were felicitated at the 'Namma Nayaka' felicitation ceremony held in the city jointly by FINOLEX PIPES and Vijay Karnataka.

The service of the stalwarts who have many years of business relationship with the FINOLEX PIPES and who contributed to the growth of the company was recognized and honored.

FINOLEX PIPES is India's leading & most trusted PVC pipes and fittings manufacturer. Over the last 42 years, FINOLEX PIPES has gained significant growth in the sanitation-plumbing and agricultural sectors with prudent investments across our value chain. Right from the sourcing of quality raw materials and resin production, to manufacturing, storage, transport, sales, marketing and even further downstream to include customer engagement. "FINOLEX PIPES is a leading company in the market. Riding on the real estate industry, the plumbing sector has grown extensively. Job opportunities are abundant in this field," opined Dr. K.V. Thrilok Chandra, Special Commissioner, BBMP.

Vivek C. Murnal, AGM, Sales Division, FINOLEX PIPES, C K Baba, DCP of the South East division, Deepak Saluja, CEO of Bangalore Mirror and Vijay Karnataka, Sudarshan Channangihalli, Editor of Vijay Karnataka were present.

The company recently unveiled a compelling new film titled 'Peedhiyan Badlengi, Pipe Nahin' to express its gratitude to the plumbers who have played a pivotal role in its brand journey.

No compromise on quality

We have been in the market for the last four decades. We are a company that caters to the needs of people and has never compromised on quality. Water crisis is one of the major problems faced by the people. Every drop of water needs to be preserved for the future.

We have wide range of PVC Pipes and fittings

CPVC I UPVC I SWR I COLUMN CASING I AGRI I SEWERAGE

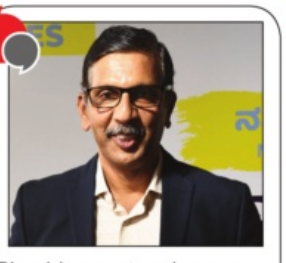
■ **Muthukumar Iyer**
AVP, Sales, FINOLEX PIPES

Namma Nayaka

The awardees expressed their heartfelt gratitude to FINOLEX PIPES and Vijay Karnataka for acknowledging their service and presenting the award. They also praised the newspaper's strong dedication to social causes.

I started my career in the plumbing field in 1975. There was no concept of systematic plumbing design then. There was no use of plastic pipes either. The use of PVC pipe has increased in India now. FINOLEX PIPES products are the first choice of people as they meet all the needs of people be it water supply system, agriculture, building and drainage system.

■ **B.S.A.Narayan**
Consultant,
Maple Engineering Design Services India Pvt Ltd



Plumbing system is very important to keep the house healthy. A faulty and improper plumbing system can affect the health of the home. While building a house, care will be taken for the front door to the showcase, wardrobe, windows and doors. Similarly care should also be taken to put in place a good plumbing system. This is also a very sensitive issue.

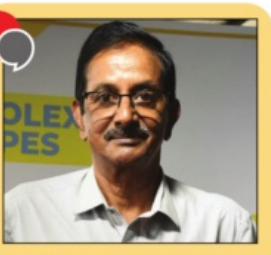
■ **B.O. Prasanna Kumar**
Consultant,
Design Tree Service Consultants Pvt Ltd

I have been associated with the FINOLEX PIPES for two and a half decades. FINOLEX, a household name in plumbing equipment manufacturing, has never compromised on quality. We are happy that the company has recognized and respected our service. FINOLEX PIPES products are the first choice of people.

■ **K.S. Sampath Kumar**
Consultant,
Sampath Kumar Associates Pvt. Ltd.

The use of a pipe or pipe-like objects began with the advent of civilization. If the 20th century was the age of copper clad pipes, the 21st century is the golden age of plastic pipes. Plumbing, the backbone of society. FINOLEX PIPES products provides clean water and meets all the needs of people.

■ **B.H. Bhaskar**
Consultant,
BMS Consulting Engineers



Plumbing service is very important in buildings. If the plumbing system is not right, the whole building will be ruined. If there is a leak in the pipeline, water consumption will increase. This is the first time in my professional experience that people from plumbing service have been recognized and honoured.

■ **Rajagopal N. Murthy**
Contractor,
Santech Engineers Pvt Ltd

A plumbing system is like blood vessels in the body. The durability of the building is completely dependent on the plumbing system. The main aim of plumbing work is to ensure that even a drop of water does not go waste. The secret to an effective plumbing system is the use of quality pipes from the FINOLEX PIPES.

■ **Balakrishna Mehta**
Contractor,
Shreeji Associates

BBMP to adopt 2B method to erase garbage mounds

Bioremediation technique called 'Astra' will be employed to dissolve the garbage

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File photo of Mavallipura landfill; Over 30 lakh tonnes of waste dumped in various landfills so far

With garbage disposal problems mounting, Bruhat Bengaluru Mahanagara Palike has decided to dispose of the garbage scientifically in the landfills situated on the outskirts of the city. By employing biomining and bioremediation methods, the civic agency has found a solution to the garbage issue, creating a more livable environment for the villagers residing around these landfill sites.

Over the years, BBMP had dumped 38.41 lakh tonnes of garbage in the Mandur, Mavallipura, Bingipur, and Lakshmipur landfills. A comprehensive plan has been devised to resolve the waste accumulation in Mandur and Mavallipura using the biomining method. Additionally, the bioremediation technique called 'Astra' will be employed to dissolve the garbage accumulated in the quarries near Bingipur and Lakshmipur.

The landfills were originally intended for generating electricity and producing compost manure, but they failed to serve this purpose due to the continuous dumping of waste over several decades. As a result, large areas were covered with millions of tonnes of garbage, leading to severe pollution of the surrounding environment and groundwater. The nearby villagers had to endure unbearable living conditions due to the presence of mosquitoes and flies. Eventually, the villagers fought back and successfully shut down the landfill units, but the garbage remained for many years, causing ongoing problems. Hence, BBMP has now decided to take action and dissolve the long-piled garbage primarily in Mandur, Mavallipura, Lakshmipur, and Bingipur units using biomining and bioremediation techniques. The funding for this project will come from the Swachh Bharat Mission 2.0.

The landfills were originallly intended for generating electricity and producing compost manure, but they failed to serve the purpose

"For the Mandur landfill, 50 acres on the northern side have been allocated for garbage disposal, and the biomining process is already underway. In the second phase, it is estimated that around Rs 78.11 crore will be spent to dissolve 11.06 lakh tonnes of garbage on 85 acres of the southern side of Mandur through biomining. Similarly, for the Mavallipura landfill, Rs 24.33 crore will be spent to dissolve 3.26 lakh tonnes of garbage on 43 acres using biomining. For the Lakshmipur landfill, 7 lakh tonnes of waste will be treated through biomining in an 8-acre stone quarry, costing Rs 9.12 crores, while the 17.09 lakh tonnes of waste in a 25-acre quarry at Bingipura will undergo bioremediation at an expense of Rs 35.10 crore.

The rejected waste that remains after recyclables are separated will be disposed of in quarries. Biomining will be used to produce compost manure, and the Refuse-Derived Fuel (RDF) will be sent to a waste-to-power plant.

The process involves removing the piled-up garbage from the landfill units, letting it dry, and then using machines, such as trommel machines, to sort the waste into rejected waste, RDF, and compost manure.

Platform ready, carpet rolled out for garment retailers

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PICTURE FOR REPRESENTATION ONLY

Here is some good news for readymade garment retailers across the state and neighbouring states. They will soon have an exciting opportunity to explore over 150 stalls showcasing the latest wedding, festival, and winter season garments.

The South India Garment Association (SIGA) is gearing up to host a national-level three-day garment fair from August 1 to 3 at Princess Shrine situated at Bangalore Palace Ground. The objective of the garment fair is to provide a platform for showcasing more than 150 latest brands of garments. Labour Minister Santosh Lad will inaugurate the garment fair, and Sandalwood actress Sharanya Shetty will be the guest of honour.

It is said that the first garment fair was held at Hotel Holiday Inn in 1996, and 60 participants took part in the first garment fair. The garment fair held last year had the participation of 100 brands and saw 1288 footfalls. It generated business worth Rs 80 crore.

Speaking with Bangalore Mirror, South India Garments Association president Anuragh Singhla said that the SIGA has been organising a garment fair every year for the last 27 years. "This is the 28th garment fair, and it has received a very good response from garment manufacturers. We have put up 150 stalls, and all of them were booked one month ago. Numerous garment manufacturers from Mumbai, Surat, Delhi, Jaipur, Bangalore, and Nagpur are participating in the garment fair, showcasing the latest collections of wedding, festival, and winter garments.

The garment fair targets both B2B and retail customers," said Anurag Singhla. He further stated that ZOLA from Mumbai is sponsoring the 28th SIGA Fair 2023. "Many garment manufacturers, including Reliance Retail Fashion Brand, are participating in the garment fair. We are expecting around 2500 retail customers to visit the garment fair, leading to a turnover of more than Rs 150 crore," he added.

Anuragh Singhla mentioned that SIGA played a key role in creating awareness among garment manufacturers regarding taxes and laws related to the garment industry. "We have organised seminars and invited tax experts to speak on tax and laws for the benefit of garment manufacturers. Additionally, we met with State and Central Ministers, requesting them to redress garment manufacturers' grievances," he explained.

He also expressed that SIGA wishes for the state government to establish more apparel parks in the state. "The garments industry is the biggest employment-generating sector after agriculture. The establishment of apparel parks will create more employment opportunities for the people of the state. Currently, the apparel park at Doddaballapur is the only one functioning in the state," he said.

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Send us a picture along with specific details. And please, no phone calls or spamming

Unpruned trees

Kithiganur

Trees in Kithiganur have not been pruned. The branches pose a risk to those waiting at the bus stop near Andhra Bank.

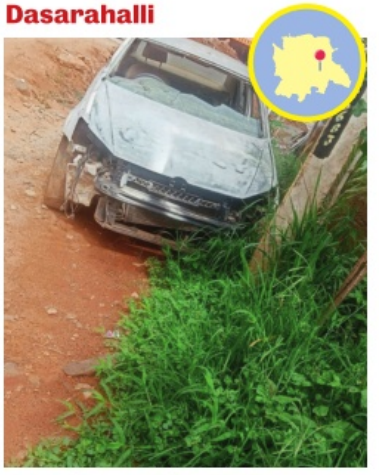
Garbage infestation

Kammanahalli

At 3rd Main, 9th Cross, Ramaiah Layout, Kammanahalli, the homeowner has dumped garbage, leading to a rodent and snake infestation.

Illegal obstruction

Dasarahalli



An accident vehicle has been parked on our narrow approach road for 9 months by an illegal garage next door at is Dasarahalli Main Road (next to Canara Bank), Marianpalya, Hebbal.

Taxing time for tourism sector

Lifetime tax of 9% on vehicles costing ₹10-15 lakh double blow as industry yet to recover from pandemic blow, travel operators say

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TWEETS @BangaloreMIRROR

The introduction of a lifetime tax on vehicles will result in a financial blow to self-employed drivers in micro and medium-scale industries as well as the tourism sector, vehicle owners told Bangalore Mirror.

In the recent budget announced by Chief Minister Siddaramaiah, a lifetime tax of nine per cent has been introduced on vehicles valued at Rs 10 lakh and not exceeding Rs 15 lakh.

Radhakrishna Holla, President of Karnataka State Travel Operators' Association, said that lifetime tax must be paid for existing vehicles as well as the newly purchased vehicles from 2023. He explained that the move has come under much criticism as the transport industry is still recovering from the consequences of the pandemic since they had experienced a complete halt during that period. "It is very tough for us to get loans. Vehicles that are within the bracket of Rs 10-15 lakh (economy model vehicles) come under the ownership of travel agencies in the lower economic strata. Vehicles like SUVs come in the category of luxury travel operators who are capable of paying lifetime tax as they have different loan schemes available with suitable interest rates," he said.

Holla noted that the KV Kamath-led Committee report, which was put together to make recommendations on the financial parameters to be considered for the one-time restructuring of loans impacted by the Covid-19 pandemic, had selected tourism as one among the 26 sectors for its recommendations.

He added that while the Emergency Credit Line Guarantee Scheme (ECLGS) as well as the Guaranteed Emergency Credit Line (GECL) which were introduced by the finance department to facilitate financial relief are available till the end of 2023, the move made by the state government will cost travel owners in lakhs of rupees.

"The state government must consider the plight of travel agency owners and give us time to recover from the damage that has been done due to the pandemic. They may consider introducing such a tax in the upcoming budget when we would have sustained ourselves," Holla said.

Travel vehicle owners have demanded that the state government revert its decision on introducing a lifetime tax on vehicles valued between Rs 10-15 lakh.

2 houses raided, explosives seized

The Soladevanahalli police raided two houses in the city as part of a major operation and discovered a sizable quantity of explosives that had been unlawfully stored there.

The police have taken into custody three accused, Shankar, Kumar, and Srinivas, who are being questioned over allegations that they had illegally gathered the explosives.

The police conducted the search in two houses close to Kalluguddahalli and Dasenahalli In Hesaraghatta. From the home of Shankar of Kalluguddahalli, they seized 2.5 kg of sulphur powder, 250 grams of explosive gel, 45 kg of potassium nitrate powder, and explosives. The police searched Srinivas' home in Raghavendra Layout in Dasenahalli and found 1.860 kg of explosive gel, 1.950 grams of charcoal powder, 7.850 grams of sulphur powder, and 13 kg of potassium nitrate. The three admitted to having gathered the explosives for blasting at a stone quarry when questioned. **BMB**

Burglars strike

A case of theft was recorded in Manjunath Nagar near Bagalgunte in Bengaluru Rural district. Burglars took 300 grams of gold and silver jewelry worth Rs 15 lakh from the house of one Vinayak Sinde. A complaint has been registered in Bagalagunte police station and police have visited the spot and investigated the matter. The burglary took place 15 days ago, when Vinayak's wife had gone to her hometown. Vinayak had also left for work and the house was empty. The burglar, who has seen that no one was there in the house, broke the window and entered. He stole a gold bangle, bracelet, ring, earrings, necklace and a diamond jewellery. **BMB**

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31-03-2023 Financial Highlights

Turnover	₹14,117 Crores
Gross Profit	₹178.95 Crores
Net profit	₹41.09 Crores
Turnover per Employee	₹130.71 Crores
Earning per Employee	₹38.05 Lakhs
Earning per Share	₹1,941.00
Net NPA	0.63 %
No. of Accounts	1,10,889

* Audited

Dividend for the year 2022-23 at 15% is credited.
Please check at nearest branch.

Sahakara Rathna
N.S. JAYAKUMAR
President

Your Belief in Us is Our Power

T.A. SRIKARA
Vice President

"Join & Grow with Us"

Here's to easy access to medical facilities

Online service for fresh BPL card applications to resume shortly; state decides to prioritise those who want cards for health schemes

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TWEETS @sridharvMirror

With the demand for BPL cards soaring following the introduction of welfare schemes, there is still no clarity on when the issuance of BPL cards will start. However, the state government has decided to prioritise the issuance of BPL cards for those who want to use their card status to avail themselves of health benefits.

Recently, Minister for Food and Civil Supplies KH Muniyappa said, "More than 3 lakh people have applied for BPL cards. Now, we are prioritising among the applicants based on those who want the cards for health schemes. Hence, the card applicants will be categorised as A and B. A notification will be issued shortly."

In Karnataka, there are 1.28 crore ration cardholders, including 10.9 lakh Antyodaya cardholders. Out of them, 5.32 lakh cardholders have not taken ration items in the last three months. This suggests that some BPL cardholders have applied for cards for health benefits. Hence, such people will be categorised as A.

Earlier, the submission of applications and the distribution of ration cards were temporarily suspended during the election code of conduct. To streamline the process, officials have announced the launch of a new online portal for easy application submission.

A senior official said, "The online service for fresh BPL card applications will resume shortly. Furthermore, existing ration cardholders will have the opportunity to add the names of their children or other family members."

> **More than 3 lakh people have applied for BPL cards. The card applicants will be categorised as A and B. A notification will be issued shortly**
> –KH Muniyappa, Minister for Food and Civil Supplies

Officials said that current ration cardholders can also make online additions or amendments to include new family members. Specific timelines will be provided for these modifications. The existing application rules will be followed, where eligibility for BPL ration cards requires applicants to be permanent residents of Karnataka with an annual family income of up to Rs 1.20 lakh. Interested individuals must submit their applications online, while those residing in rural areas can apply through computerisation centres located in their respective Gram Panchayat offices.

Presently, there are approximately 2.94 lakh pending applications for BPL ration cards, submitted before the implementation of the Election Code of Conduct this year. These applications are currently under review, and eligible applicants (excluding car or house owners and taxpayers) will be issued the ration cards.

To apply for a new BPL card, applicants must provide their Aadhaar card along with the income certificate and relevant documents related to house ownership. For adding the names of children below six years of age, the Aadhaar number, mobile number, and birth certificate details must match.

However, individuals applying with fake records may face consequences. Recently, the department fined Rs 13.5 crore from 4.6 lakh BPL cardholders for providing false information. Officials have also identified 21,232 government employees who forged documents to apply for BPL cards. For this, the department is collaborating with the transport department to identify owners of cars with white board registration and also with the income tax department to verify tax receipts.

No more Nandini ghee for Tirupati laddus

Tirupati laddu has earned its own name for its special taste, and for the last two decades, Nandini ghee has been used as an ingredient.

However, henceforth, Nandini ghee won't be used anymore. Bheema Naik LBP, Chairman of Karnataka Milk Federation and Director of Bellary Milk Union, said, "We have been supplied ghee from KMF. When it comes to ghee, we maintain the highest standard. Until now, they were using Nandini ghee for Tirupati laddu. However, for the past year, there has been a call for tender, and the Tirumala Tirupati Devasthanams want us to provide ghee at competitive prices. Despite providing the highest quality ghee, we are unable to supply it at a low cost."

The tender specifies that the lowest bidder will supply ghee, he added.

"Unfortunately, we have fixed rates and cannot lower our prices. Therefore, we won't be able to participate in the bidding process and will no longer supply ghee," he explained.

–BMB

Students die by suicide after intimate video surfaces

Two students of a private college in Karnataka's Davangare committed suicide after a video depicting them in an intimate moment surfaced on social media.

The scene of the boy and girl on the terrace of their college was shot by some unknown person without their knowledge.

However, these scenes went viral on social media platforms recently, and the families of the two also came to know of the clips.

The girl committed suicide at her residence on Friday night, and the boy, upon learning of this, took his life on late Saturday night.

Police said that an investigation is ongoing regarding the identity of the person who filmed the scene as well as those who have circulated it.

Davangare's Superintendent of Police, K Arun, told media persons that the police would soon arrest the culprit. The families of the boy and the girl have already filed separate complaints with the Davangare district police.

–IANS

NOTES FROM THE FIELD

Equal proportions of photos

Deputy Chief Minister DK Shivakumar paid a surprise inspection recently to a Karnataka one centre to check how the registrations for the Gruha Lakshmi scheme were going on. At this point in time, he noticed that the photo of Chief Minister Siddaramaiah was bigger while his was smaller. He then instructed the personnel to correct the photo and ensure that the photos of himself and CM were in equal proportion.

Musical interlude

It is common to see heated debates in the session. However, JDS MLC SL Bhoje Gowda surprised everyone when he started singing a famous Kannada song in the council to make a point he was making. In fact, Gowda turned out to be a good singer, as none of the other legislators interrupted him while he was singing. This video went viral on social media as well, with netizens appreciating the multi-talented nature of the legislator.

Redefinition

When journalists inquired about former CM HDK's criticism of the Congress for hosting the Mahagathbandhan in Bengaluru, Primary and Secondary Education Minister Madhu Bangarappa initially hesitated to comment. However, he later expressed his opinion, stating, "HDK has been part of various alliances himself. Perhaps they should consider renaming the party as JD without the 'S' (Secular), and it could be rephrased as 'Joint Development', which might be more suitable for them."

Precious red bounty

While we've heard stories of onlookers grabbing liquor bottles and prized items from truck accidents, a new trend has emerged—tomato thefts. Tomatoes, currently commanding high prices, have become a target of temptation. In a recent incident in Ramanagar, a truck carrying tomatoes met with an accident, and within moments, people swarmed to seize as many tomatoes as they could. The fluctuating tomato prices seem to play a significant role in this bizarre phenomenon. During price crashes, truckers often dump tomatoes on the roads, and surprisingly, there are no takers. However, the scenario has taken a turn, and now even a single tomato finds itself in high demand.

Commuters' ire

The introduction of the Shakti scheme has brought about a challenging situation for conductors in the transportation system. Authorities have instructed conductors to issue free tickets only after verifying the commuter's identity card. However, when conductors diligently perform their duties, they often find themselves at the receiving end of commuters' frustration. A recent incident involved a woman who engaged in a heated argument with a conductor when he refused to allow her to travel on a free ticket as her Aadhar card indicated an address outside Karnataka. The woman, claiming to be a central government employee, threatened the conductor, asserting her right to travel freely.

–Sridhar Vivan

HEALTH TIP: Fatty fish such as salmon, tuna, mackerel, sardines and trout are high in vitamin D, as well as omega 3s

Drink tea and coffee in moderation, and make sure you've had your last caffeinated drink by 2pm so don't interrupt your sleep

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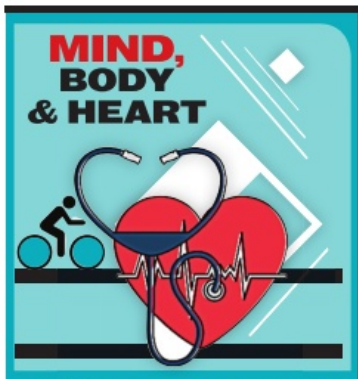

All you need to know about...

Benefits of strawberries

A strawberry a day
Daily strawberry consumption was linked to improved cognitive function, lower blood pressure and higher antioxidant capacity, according to a small study.

The study
The study builds on previous research demonstrating the cardiovascular, metabolic and cognitive health benefits of strawberries. The double-blind, placebo-controlled randomised clinical trial was conducted in 35 healthy men and women, aged 66 to 78. The participants consumed 26 grams of freeze-dried strawberry powder, equivalent to two servings of strawberries daily, or a control powder for eight weeks each.

BP, waist circumference
Following strawberry consumption, cognitive processing speed increased by 5.2 per cent, systolic blood pressure decreased by 3.6 per cent and total antioxidant capacity significantly increased by 10.2 per cent. Waist circumference decreased by 1.1 per cent during both the control and intervention arms of the trial. While consuming the control powder, participants experienced increased serum triglycerides.

Cognitive function
"This study demonstrates that consuming strawberries may promote cognitive function and improve cardiovascular risk factors like hypertension," said Shirin Hooshmand, professor in the School of Exercise and Nutrition Sciences at San Diego State University.

All good things in strawberries
Strawberries are a source of many bioactive compounds. In addition to providing 100 per cent of our daily vitamin C needs, strawberries contain heart-healthy nutrients like folate, potassium, fibre, phytosterols and polyphenols. —IANS

Soak it in

Tips to harness the healing power of hot water baths

Today's fast-paced lifestyle presents a constant struggle to maintain our physical and mental well-being. Coupled with the stress of managing deadlines at work, a largely sedentary lifestyle makes preserving our physical health of paramount concern. As we explore innovative and holistic approaches to health and wellness, the ancient practice of hot water baths emerges as a remarkably therapeutic and simple solution. For centuries, cultures worldwide have acknowledged the healing benefits of immersing oneself in warm water, and modern science substantiates these age-old claims.

The healing power of hot water baths lies in the principle of hydrotherapy, a practice that uses water temperature and pressure to rejuvenate the body. Several scientific studies highlight that water temperatures in the range of 100.4 to 105.8°F are therapeutic. When immersed in warm water, blood flow to the skin and underlying muscles increases, promoting better oxygen and nutrient delivery to vital tissues. This improved circulation helps remove waste products from the body and accelerates the healing process in case of injuries or inflammation.

A key benefit of a hot water bath is its ability to alleviate muscle tension and pain. Warm water aids in relaxing tense muscles, reducing stiffness, and releasing knots and trigger points that may have accumulated due to stress or physical exertion. A 2017 study found that soaking in an hour-long hot bath burned around 140 calories, which is approximately the same as those burnt during a 30-minute walk. As the heat permeates the muscles, it stimulates the production of endorphins - the body's natural painkillers and leads to a profound sense of relaxation and relief from discomfort.

For athletes or individuals who engage in regular exercise, hot water baths can be particularly beneficial since post-workout immersion in warm water can accelerate muscle recovery. Practicing stretching and movement while immersed in warm water also offers a gentle and low-impact exercise option to alleviate muscle, joint, and bone discomfort. Apart from reducing pain, warm water also enhances cognitive function, potentially due to its ability to dilate blood vessels and improve blood circulation to the brain. Studies have revealed that people who frequently take baths in warm water experience a reduced risk of dementia and Alzheimer's disease compared to those who did not.

In addition to its effects on muscles, hot water baths play a pivotal role in promoting joint health. As we age, the synovial fluid that lubricates our joints and reduces friction gradually depletes, leading to stiffness and limited mobility. A soothing hot water bath stimulates blood flow to the joints through gentle heat, enhancing the supply of nutrients and promoting the production of synovial fluid. This rejuvenating process helps maintain joint flexibility and mitigates discomfort from conditions like arthritis.

Apart from these direct physiological benefits, hot water baths are a powerful stress reliever. The relaxing experience of soaking in warm water calms the mind, reduces cortisol levels, and fosters an overall sense of tranquility and well-being. The therapeutic qualities of warm water foster a sense of mindfulness and self-care, allowing individuals to find respite from the overwhelming demands of modern life.

While responding to warm water, our skin releases endorphins in the same way that it reacts when we feel the sun on our skin. A peaceful bath before bedtime can be particularly effective in promoting better sleep quality, which is crucial for the body's recovery and repair processes. Regular indulgence in this self-nurturing ritual can lead to reduced symptoms of anxiety and depression, and improved emotional well-being. Several studies suggest that elevating core body temperature, such as through immersion in a warm tub, could lead to brain changes that boost the production of mood-regulating hormones like serotonin. Notably, certain studies even propose that the advantages of hot baths in this aspect might surpass those of regular exercise.

The therapeutic effects of hot water baths on the human body are undeniable, bridging the ancient wisdom of hydrotherapy with modern scientific validation. This is a simple yet effective way to improve overall well-being. While access to warm water would have been quite a challenge in ancient times, this has now become very convenient with electric water heaters. Providing a continuous supply of warm bathing water to homes, electric water heaters are getting smarter as technology continues to evolve, offering features such as customised heating, control through mobile apps, and more, thus paving the way for a healthier lifestyle for all.

Vikram Raman, Ariston Group India Pvt. Ltd. for IANSlife

BFC gung-ho, much in store for football fans

Ahead of football season starting with the Durand cup and Indian Super League, Bengaluru football club launched the season membership for the football fans in the city. The event conducted at the Kanteerava stadium had BFC coach Simon Grayson, captain Sunil Chhetri, goalkeeper Gurpreet Singh Sandhu, and BFC's new signing Curtis Main.

Bengaluru FC coach Simon Grayson said, "Great to be back in Bangalore. We are looking to have a successful season. We have had a lot of changes in the club with new signings, players leaving and joining. The 10 year anniversary of the club was a week ago, and the club is working best for more player fan interactions." BFC is one of the only clubs in India to provide season membership with many extra benefits for football enthusiasts.

The season pass of this year will be coming with innumerable perks, like access to all the matches of the group stage of Indian Super league at Kanteerava stadium. "From three stands, now season passes are available for five stands in the stadium. We spoke to many people and have taken a lot of suggestions. There is going to be a full expense trip for away matches for few fans. There will be more access to meet the players as well," said Kunaal Majgaonkar, media officer at Bengaluru FC. Curtis Main, the new striker at the club said, "Since I've arrived, everything has been brilliant. I think that's going to be a theme throughout the season and the professionalism the club shows in priority sign in has been fantastic." Main also talked about his bond with John Johnson, an ex-player at Bengaluru FC. "He has nothing but positive and happy memories with the club. It reinforced my desire to play for the club and join the success."

Talking about the previous season at the Kanteerava stadium, Grayson said, "When the team was struggling, fans were very vocal towards us and we got rewards at the back end of the season in terms of the unbeaten run we went on and togetherness we created, the players thrived of it. It is a two-way thing. I've been in many clubs and when you're losing games and supporters are either walking out or blaming the individuals, that was not the case last season. All the fans stood by the team."

Goalkeeper Gurpreet Singh Sandhu joined Bengaluru FC in 2017 and has been a crucial part of the club from the last six years. Addressing the audience, he said, "For me it is not just as a player. Since I've walked into the stadium, when I was not a player of this club and the first game I played at the Kanteerava, it felt so connected to the fans, the West Block Blues. That's when I got to know about them and when I got the opportunity to join the club it was fantastic for me and felt like coming home. I hope more people connect with us and we have great memories in this stadium."

Skipper Sunil Chhetri who has led Bengaluru FC to innumerable victories over the years said, "We have come a long way in the last 10 years. We have had great memories, trophies and heartbreaks. We all feel the connection with the fans and they are very important." He said playing for India and Bengaluru FC is the same in terms of preparation.

– Abhijeet Kabad

Things fall apart, but there is no one to complain to

CONTINUED FROM PAGE 1

resolved," said Susan P, a resident of the area.

Citizens say while problems are plenty, solutions arrive only after approaching multiple officials over days. Yet another Smart City stretch that has been rendered an unusable mess is Miller Road. Commuters say it is one of the worst stretches of BSCL in the city.

"Issues started cropping up immediately after the road was completed by Smart City. While the footpath was taken over by transformer, bus stands, and junk vehicles by the nearest police station, the top layer of the road has chipped off in places. The Miller Road- Cunningham Road Junction resembles a war zone. We raised these and many other issues regarding the stretch multiple times with Smart City officials, but no action was taken. Pavement tiles on Palace Road too have come loose," said Rajkumar Dugar, founder, Citizen for Citizen.

Citizens highlight the lack of planning leading to some absurd modifications, including pedestrian crossings on many BSCL roads leading to landscaped areas. Some also raised the issue of a sunk-in chamber cover at Palace Road, waiting for a disaster to take place.

Traders at Dispensary Road and Commercial Street, another set of Smart City roads, lament the lack of litter bins leading to heaps of garbage dumped on pedestrian ways and often strewn around on the road too.

"There are no garbage collection bins. Litter bins were installed by BSCL a few months ago, immediately after they completed their work. However, they were removed soon after and never got replaced despite we raised the issue. Now, garbage is being dumped on pedestrian walks," said a shop owner on Dispensary Road.

Citizens say these issues and the lack of a redressal mechanism shows the projects were not thought through in terms of design, workmanship, and quality of work.

"BSCL haphazardly completed these roads and showed zero accountability. None of the stretches are being maintained by BSCL's contractors. I had to go in circles just to get a couple of street lights on Palace Road fixed. Even if there is a grievance redressal system in place, citizens are not aware of it," Dugar said.

According to BSCL officials, the Integrated Command and Control Centre (ICCC), the official channel for citizens to raise complaints regarding issues on smart city roads, is currently under trial and will go live within a month.

"ICCC went on the trial run on July 24 and is currently open for feedback from the public and experts. It will be up and functional by August 24. Till then, citizens can raise complaints through One City One App number (1533)," said a BSCL official.

Interestingly, ICCC was supposed to become operational by August last year.

'Restrict commercial flight movement to 10 pm'

CONTINUED FROM PAGE 1

and compromised our health and safety. We urge HAL authorities and private airline companies to halt all late-night training flights over residential areas," reads the petition.

Residents allege that they are seeing close to 30 planes in a span of 1.5 hours. "Residents tracked the movement of these aircraft and found nearly 30 planes between 12 am and 2:30 am. We noticed through the flight tracker platform that these planes are commercial airlines and not defence flights. We are not objecting to the movement of defence aircraft even at night. But these commercial airlines can restrict their flying during daytime," said Ajay Reddy, President of 3rd block Koramangala residents welfare association.

He suggested that these flights be conducted outside the highly populated belt of the city.

"We have no objection to military activity and are only asking to restrict the commercial flight movement from 6 am to 10 pm. According to High Court orders, citizens are entitled to peace and quiet. We are also concerned about the safety aspects of flying full-size planes at low altitudes. The frequency has increased of late," said Nitin Sheshadri, a resident of Koramangala. Another resident of HAL also complained that the flights are being operated at odd hours from 11:30 pm to 1 am. Residents of Ejipura are also affected. "Every night at 11 pm onwards, we can hear the planes passing over our building" said Supriya Mehta, a resident of Ejipura.

After residents wrote to HAL, in an email response, accessed by BM, HAL said, "HAL Airport, Bengaluru has been operational since 1941 sans interruption and it has been facilitating test flying requirements of newly manufactured, regularly overhauled and newly developed aircraft. Several defence establishments such as Aircraft & Systems Testing Establishment, Aeronautical Development Agency, Aeronautical Defence Establishment, Defence Research & Development Organisation, Centre for Airborne Systems, National Aerospace Laboratories (NAL), etc., are also using the HAL Airport to carry out test flying activities vis-à-vis various defence projects of national importance. Under Section 5 of the Aircraft Act, 1934, it is expected that aerodromes be constructed far away from residential areas of a city to protect residences from the noise created by frequent take-off and landing. Accordingly, HAL Airport was also built in 1941 in an area that was at a distance from the populated residential areas. However, with an unprecedented pace, the urban areas in and around HAL Airport have become densely populated. Please note that HAL is a Defence Airport and all flying activities are being undertaken on behalf of the Ministry of Defence, Government of India in the national interest, under no circumstances can the activities be paused or stopped."

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OUTSIDE BANGALORE

MYSORE

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personal

CHANGE OF NAME

I, Latha Anantha Narayanan Balasubramanian W/o. Harish Sadasivan R/a. Flat No. T04, F0501, Raintree Bouleward, Bellary Road, Byatarayanapura, Bengaluru-560092. I have changed my name to LATHA HARISH. Vide affidavit Date: 28.07.2023. Sworn before Notary: Devaraja.E.

5th Century city emerges

Hundreds of artefacts excavated by ASI from Benisagar, a village 85 km from Jharkhand's West Singhbhum district, suggest continuous habitation from the fifth century AD to 16-17 century AD

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13.13 lakh girls, women went missing in 3 yrs

Maximum missing cases in Madhya Pradesh in 2019-2021, NCRB data reveals

Among the Union Territories, Delhi recorded the highest number of missing girls and women

#NEW DELHI

More than 13.13 lakh girls and women went missing in the country in the three years between 2019 and 2021, with Madhya Pradesh accounting for the highest at nearly two lakhs, closely followed by West Bengal.

According to the Union Home Ministry data, tabled in Parliament last week, 10,61,648 women above 18 years and 2,51,430 girls below that age went missing between 2019 and 2021 across the country.

The data was compiled by the National Crime Records Bureau (NCRB).

In Madhya Pradesh, 1,60,180 women and 38,234 girls went missing between 2019 and 2021, according to the data provided to Parliament.

A total of 1,56,905 women and 36,606 girls went missing from West Bengal in the same period. In Maharashtra, 1,78,400 women and 13,033 girls went missing in the said period.

In Odisha, 70,222 women and 16,649 girls went missing in the three years while 49,116 women and 10,817 girls went missing from Chhattisgarh in the said period.

Among the Union Territories, Delhi recorded the highest number of missing girls and women.

In the national capital, 61,054 women and 22,919 girls went missing between 2019 and 2021 while in Jammu and Kashmir, 8,617 women and 1,148 girls went missing in the said period.

The government also informed Parliament that it has taken a number of initiatives for the safety of women across the country, which include the enactment of The Criminal Law (Amendment), Act, 2013, for effective deterrence against sexual offences.

In Madhya Pradesh, 1,60,180 women and 38,234 girls went missing, while 1,56,905 women and 36,606 girls went missing in West Bengal

Further, the Criminal Law (Amendment) Act, 2018, was enacted to prescribe even more stringent penal provisions, including death penalty, for the rape of girls below the age of 12 years.

The Act also mandates completion of investigation and filing of charge sheets in rape cases in two months and trials to be completed in another two months.

The government has launched the Emergency Response Support System which provides a pan-India, single internationally recognized number (112) based system for all emergencies, with computer-aided dispatch of field resources to the location of distress.

Using technology to aid smart policing and safety management, Safe City Projects have been sanctioned in the first phase in eight cities -- Ahmedabad, Bengaluru, Chennai, Delhi, Hyderabad, Kolkata, Lucknow and Mumbai.

The home ministry launched a cybercrime reporting portal on September 20, 2018, for citizens to report obscene content.

The home ministry also launched the National Database on Sexual Offenders on September 20, 2018, to facilitate the investigation and tracking of sexual offenders across the country by law enforcement agencies.

-PTI

Tomato price touches Rs 200/kg in TN as rain hits crop in K'taka, Andhra

#CHENNAI

There seems to be no respite for the people from the rising prices of tomatoes in Tamil Nadu as the wholesale price of the vegetable touched Rs 200 per kilogram in the state capital and many towns on Sunday.

The shortage of the product in the Koyambedu wholesale market in Chennai has led to the spiraling price rise of tomatoes.

PV Ahmad, a wholesale vegetable dealer in Koyambedu market while speaking to IANS said, "There is a shortage in the arrival of tomatoes from Karnataka and Andhra Pradesh due to the heavy losses in crop due to intermittent rain in these states. Heavy rain has led to a total loss of crops and hence the shortage in the arrival of tomatoes. This has led to the hike in prices of tomatoes in the market."

Traders also said that the price is likely to rise into Rs 250 / kg in a week's time

P. Sukumaran, secretary of the Koyambedu Wholesale Merchants Association, while speaking to IANS said, "This is the first time since the opening of this market that the price of tomatoes has touched Rs 200 per kilogram. This is unprecedented.

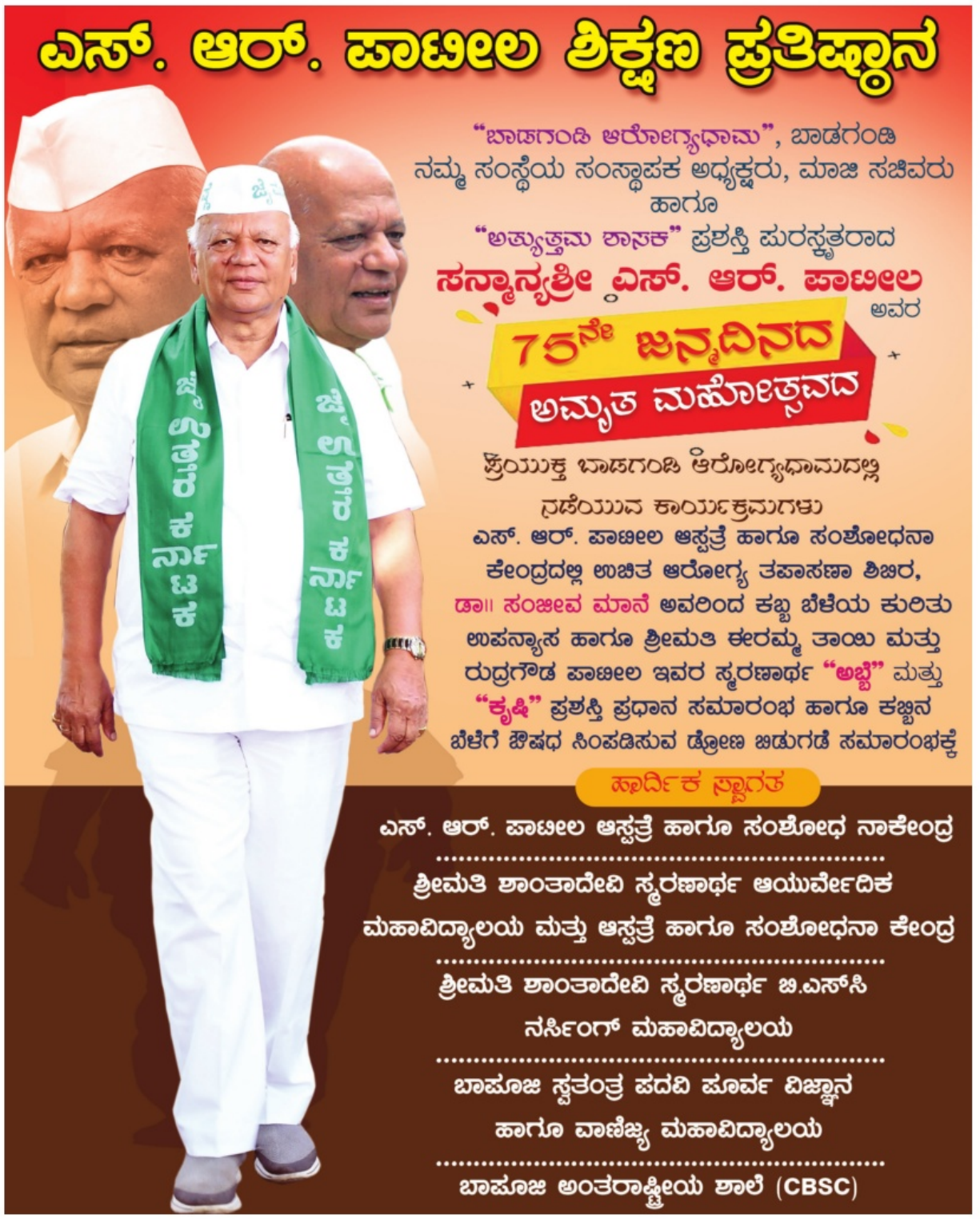
"We were expecting the rates to get steady by July 20 but sudden rain has led to the loss of crops and more than 50 per cent of tomatoes cultivated in Andhra and Karnataka have been lost due to the rain."

While the wholesale market was selling tomatoes at Rs 200 per kilogram, in certain retail shops, tomatoes were sold at Rs 185 per kilogram.

Kuppusaamy, a vegetable seller in Pammal, Chennai told IANS, "We are selling tomatoes at less than the rates that we buy as we want to avoid wastage."

The sale volume has also decreased drastically and people are not buying tomatoes and instead focusing on other vegetables.

-IANS



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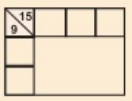
SOLVE IT IN A MINUTE

If a .05 ml drop of water falls into a 6 gallon bucket every minute, how long will it take for the bucket to fill?

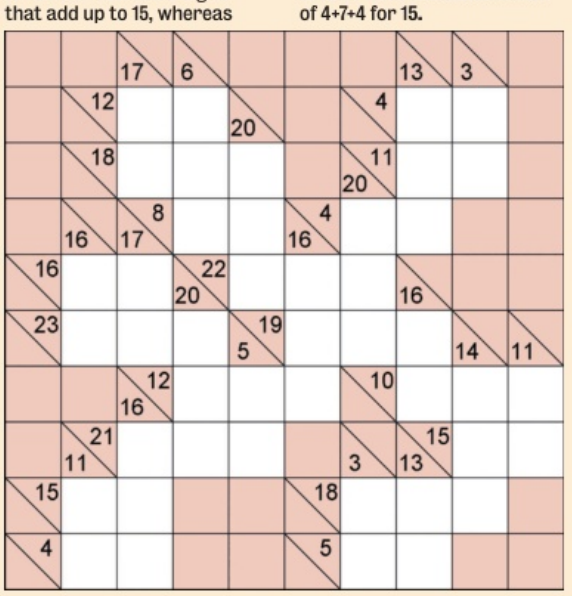
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

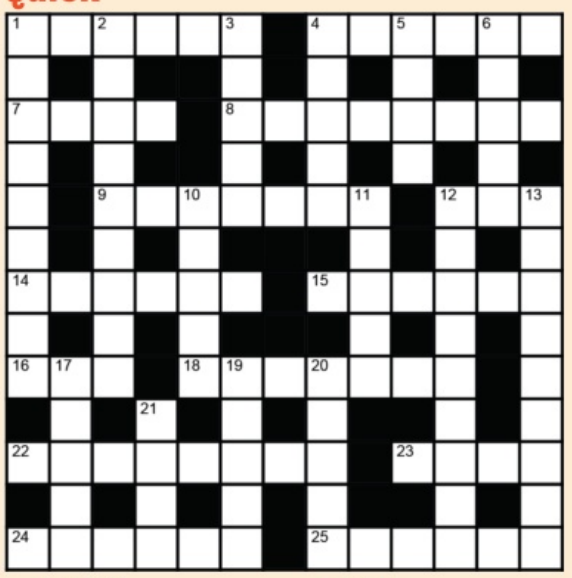


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Enmity or aversion (6)
4 Problematic (6)
7 Small cut (4)
8 Pernod-type liqueur (8)
9 Healthiest (7)
12 Storage container (3)
14 Not perfectly circular? (6)
15 Mummify (6)
16 Male child (3)
18 Former US President Bill ____ (7)
22 Karnataka Rajyotsava is celebrated on the 1st of ____ (8)
23 Fen fuel (4)
24 Drive forward (6)
25 Deleted (6)

DOWN

1 Hexagonal wax structure (9)
2 Diplomatically or fittingly? (9)
3 A rough copy (5)
4 Trials or examinations (5)
5 Charged particles (4)
6 Batsman Virat ____ (5)
10 Invigorating medicine (5)
11 Entice or lure (5)
12 Inane (9)
13 Proposed (9)
17 Smell (5)
19 Identification tab (5)
20 Hospital employee (5)
21 Take a quick look (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: F EQUALS Y
APME FVT'KM SPKVTLP UPDELBEL, FVT'KM SPKVTLP.

Linemaro

If you are going to regret this in the morning, we can sleep until the afternoon

Mindchow

The one who asks questions doesn't lose his way

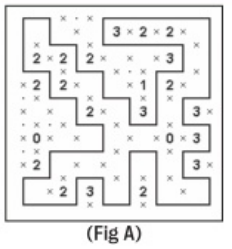
Joke of the day

Rajinikanth can delete the recycle bin

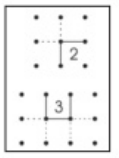
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

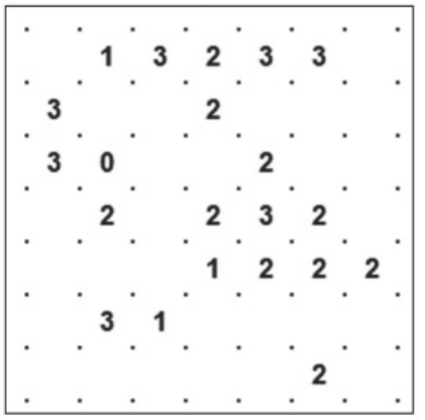


(Fig B) Not Allowed

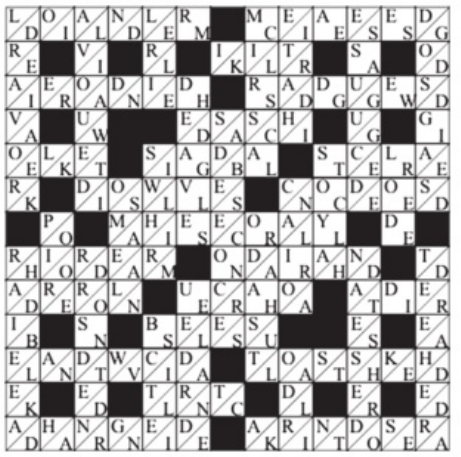
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



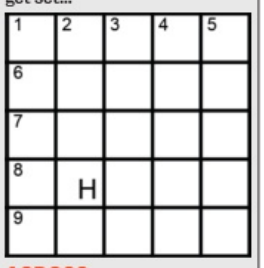
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

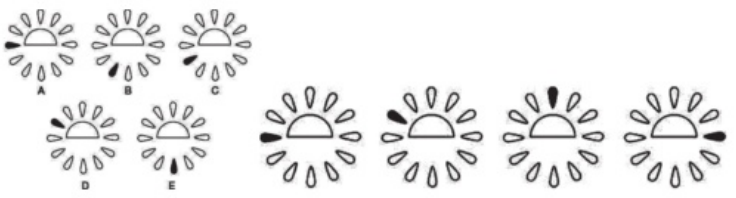
1 Certs; 6 Raita; 7 Stair; 8 Hewer; 9 Slink

DOWN

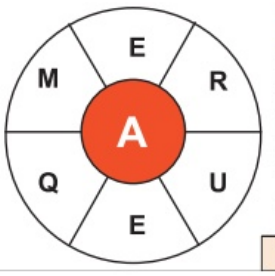
1 Raw LC; 2 Irish; 3 An tee; 4 Skirt; 5 Aster

Mensapuzzle

Which option below continues the below sequence?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

7				5				4
	2		1	3	4		7	
	6						1	
	9	7				4	6	
6				8				1
	4	8				3	9	
	1						8	
	5		3	9	6		4	
4				2				9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 8
2 4 8 8

Medium = 8
2 5 5 6

Hard = 27
1 5 9 2

Hocusfocus

Find at least six differences in details between panels.

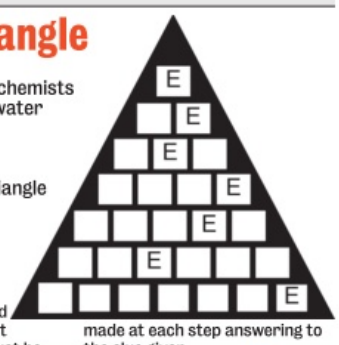
Differences: 1. Bank teller has less hair. 2. Tie is missing. 3. Pen is moved. 4. Glass is shorter. 5. Hat is larger. 6. Drawer is added.

Riddler

What does this Rebus represent?
Cockroach Ant Worms Rabbit

Alpha triangle

1 Second vowel
2 Selenium for the chemists
3 Vast expanse of water
4 Lawsuit
5 Shoestrings ?
6 Tidies up
7 Unequal-sided triangle



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip

Diamond Lil

Hart of the city

Crankshaft

EVEN THOUGH EVERY KID IS BEING PICKED UP BY THEIR PARENTS NOW...
YOUR JOBS ARE SAFE.
PEOPLE WILL EVENTUALLY GET SICK OF PICKING UP THEIR KIDS WHEN WINTER RETURNS.

Mutts

WHAT'S A SCRIPT DOCTOR ?
TOM IS HERE TO "PUNCH UP" OUR SHCRIPT.
WHA...!?!
WE DON'T NEED THAT!!!
SO, THIS IS WHERE HE DEVELOPS AMNESIA AND GETS LOST!

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today your tendency to overspend is likely to affect your savings. You should be careful while expressing yourself on the work and domestic front also. You should avoid lending money. You should postpone making important decisions in real estates and other assets related issues. You should try to avoid a tendency of elevation from your responsibilities.

Taurus Apr 21 – May 20
Today you may be more happy; internal vitality will boost your self confidence. Feel relaxed after a sound sleep. You should avoid carelessness in making decisions in terms of finance, profession and studies. You are likely to enjoy some romantic moments with your spouse. Sometimes, you may face self respect issues, and need to keep patience to avoid converting happy moments into bad moments.

Gemini May 21 – Jun 21
Today with the help of your strong network, you may implement your business plans. You may use your wisdom to gain profits. You may also have harmony in your domestic life, there may be good understanding between you and your spouse. Natives related to metal, booking agents will do better.

Cancer Jun 22 – July 23
Today you may be passionate in terms of work. You should avoid mixing your brain with your heart to make important decisions; it is advised to follow your intuition before making some decisions related to business, job and investments. Work load may be there but blessing from elders may help you control this messy situation.

Leo Jul 24 – Aug 23
This morning, you may have some peace in your mind; you are not in a hurry today, which may reflect into your way of working. Your destiny may help to complete your postponed projects and targets. You may show patience in your domestic life in order to maintain harmony. You may have some skin and stomach related issues.

Virgo Aug 24 – Sep 23
Today you may be a victim of negative thoughts. You may feel dull. Impatient nature and arrogance may push you back from taking difficult decisions. You may be in need of the blessing of your elders, which will help you to grow into your work front. You should avoid making investments in worthless assets. Love birds shall avoid discussing bad moments.

Libra Sep 24 – Oct 22
Today is good for your work, you may be able to perform well. Your boss is likely to give you some new responsibility in terms of promotions. Disputes with the partner may be settled down. You may lend money for making your assets. Your kids' health may be better now. You are likely to make some investments for kids' futures.

Scorpio Oct 23 – Nov 22
Today you may be blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of professional life. Your friends and subordinate staff may support you. Investments in gems and jewellery are likely to give positive gains in the near future. Should be careful for the elderly's health.

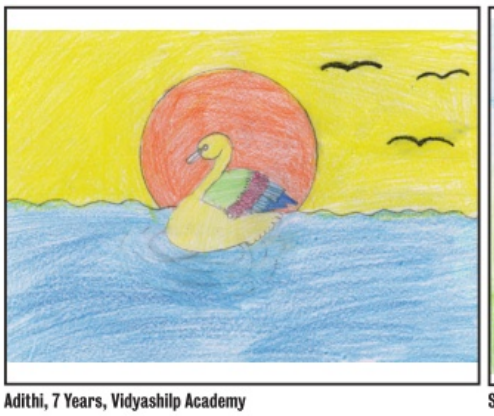
Sagittarius Nov 23 – Dec 22
You may be happy due to the blessing from an auspicious planetary combination. You may have some sort of energy, which may create your prestige among people around you. You may spend your time studying intellectual stuff.

Capricorn Dec 23 – Jan 20
Today at the start of the day it may be dull. After late evening, you may control negativity. New people may connect you in the work front. With the help of new people, you may try to revamp your business plans. It is advised to read documents before putting your signature.

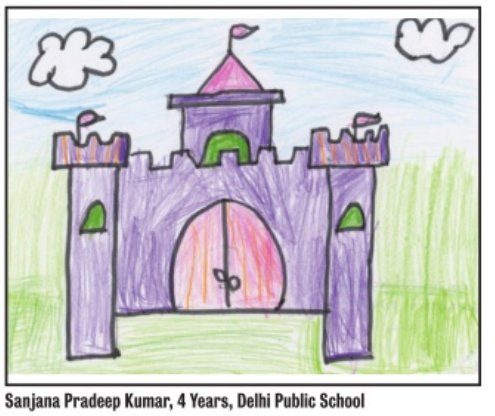
Aquarius Jan 21 – Feb 19
Today with the help of blessings, you may control your indecisiveness. Kids' health is better now. Your colleagues may be supportive in your work, which will convert into success in terms of project. You may expect to get some incentives with the salary. Natives related to dairy, water projects, grains, home maker art and culture may do good.

Pisces Feb 20 – Mar 20
Today you may be busy with domestic issues. You might take interest in artifacts, movies, fashion, which may improve your creativity. You may spend money on buying some artifacts, household stuff, which will improve your social status. You may become more polite with others. You may also plan to visit some desired place for family or friends.

KIDZONE



Adithi, 7 Years, Vidyashilp Academy



Sanjana Pradeep Kumar, 4 Years, Delhi Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
.05 ml/min * 1 gal/3785.412 mL = 0.00001320 gal/min
6 gal / 0.00001320 gal/min = 454,249.44 minutes
That is equivalent to 315 days 10 hours and 50 minutes. You can't have a fractional minute answer because one drop falls per minute. So at 49 minutes after it won't be quite full. and at 50 minutes after it will be overfilled

BULL'S EYE
mare, MARQUEE, ream, urea

FAST FIVE

C	R	E	S	T
R	I	A	T	A
A	S	T	I	R
W	H	E	R	E
L	I	N	K	S

STRIKE OUT

D	I	A	D	E	M	C	E	A	S	E	D			
R	V	R	K	I	T	A	O							
I	R	O	N	E	D	R	A	G	G	E	D			
V	W		E	A	C	H		G		G				
E	K	E		S	A	B	A		S	E	R	E		
R	D	O	L	L	S		C	O	D	E	D			
H	I	R	A	M		N	A	I	A	D		T		
A	E	O	N		E	C	H	O		A	I	R		
I	S		B	L	E	U		S		A				
L	A	T	V	I	A		L	A	S	H	E	D		
E		E		T	N	T		L		E		E		
D	A	R	N	E	D		K	I	N	D	E	R		

QUICK

H	A	T	R	E	D		T	R	I	C	K	Y		
O		A		R		E		O		O				
N	I	C	K		A	B	S	I	N	T	H	E		
E		T		F		T		S		L				
Y		F	I	T	T	E	S	T		B	I	N		
C		O		U		O		C		R		O		
O	B	L	O	N	G		E	M	B	A	L	M		
M		L		I		P		I				I		
B	O	Y		C	L	I	N	T	O	N		N		
D		P	A		U		L					A		
N	O	V	E	M	B	E	R		P	E	A	T		
	D			A		R				S		A		

MENSA PUZZLE
B: at each stage the black element moves clockwise, first by one space, then two, then three, etc

QUOTE UNCODE
When you're through changing, you're through.
Bugs Bunny

RIDDLER

4	7	3	8	2	1	6	5	9
8	5	2	3	9	6	1	4	7
9	1	6	7	4	5	2	8	3
1	4	8	2	6	7	3	9	5
6	3	5	4	8	9	7	2	1
2	9	7	5	1	3	4	6	8
3	6	4	9	7	8	5	1	2
5	2	9	1	3	4	8	7	6
7	8	1	6	5	2	9	3	4

SUDOKU

ALPHA TRIANGLE
E, Se, Sea, Case, Laces, Cleans, Scalene.

GO FIGURE
Easy
4 – 8 + 8 × 2 = 8
Medium
6 + 5 – 5 + 2 = 8
Hard
5 – 2 × 1 × 9 = 27

LOOP

KAKURO

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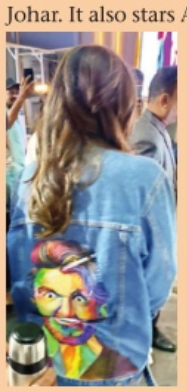
Face the love

Setting the bar high for couple goals, Deepika Padukone chose to wear a denim jacket with her husband and actor Ranveer Singh's face painted on it, while they went to watch 'Rocky Aur Rani Kii Prem Kahani'.

'Rocky Aur Rani Kii Prem Kahaani' is directed by Karan Johar. It also stars Alia Bhatt, Jaya Bachchan, Shabana Azmi and Dharmendra.



The couple were clicked by paparazzi outside the theatre and it has been doing the rounds on social media for all the right reasons.

The pictures and videos show Deepika wearing denim on the denim trend but what catches the eye is her jacket which has Ranveer's face painted on it. She paired it with a white bodycon top paired with high-waisted dark blue jeans. Ranveer looked dapper in an all-black outfit. He wore a black sweatshirt, completed the look with matching black sweats featuring a baggy fitting, cinched hem and a mid-rise waist and sneakers. Ranveer's latest release 'Rocky Aur Rani Kii Prem Kahani' has been received well. **–IANS**

Golden girl

How Ananya stole the show at India Couture Week

The India Couture Week's sixth day started with a spectacular display of fashion when actor Ananya Panday stole the spotlight in golden attire as she walked the ramp for designer Rimzim Dadu. As the 'Liger' actor walked on the ramp, all eyes were on her mesmerizing golden ensemble, unveiled by Rimzim Dadu at the opening show of FDCI's India Couture Week 2023 on Sunday.

Ananya's 'Golden beauty' look featured a golden slit skirt with a leaf structure on it paired with a matching blouse with mesh and lace, radiating grace and sophistication.

She chose hoop earrings to accessorise her look, complementing her golden attire with a soft, subtle makeup style that accentuated her natural beauty. Ananya Panday, the muse for tonight's fashion gala expressed her excitement for the show and said, "Surprisingly, I felt very comfortable walking in this. It's almost like molten lava gold. I'm usually nervous about walking the ramp but in this Rimzim Dadu's piece, I walked perfectly."

Ananya Panday looked classic in a golden co-ord as she swayed on the ramp boldly and fearlessly.

Known for their innovation and artistic vision, Rimzim Dadu continues to push boundaries with her creativity. This year, she paid a glorious homage to the collection, which transitions from rigidity to rhythmic flow and from form to motion, capturing the endless variety of ocean tides.

–ANI

Starboy

Vicky Kaushal just delivered a sleeper hit with Zara Hatke Zara Bachke and is known for his chops through films like Masaan, Sardar Udham and Uri - The Surgical Strike. But the actor shared that he doesn't feel like a star even after giving successful films.

Talking about it in an interview, Vicky revealed that he's not chasing stardom. He mentioned that today's accessibility is such that a person is a star only till he or she is in the news.

A real star has to have longevity like Shah Rukh Khan, Salman Khan and Hrithik Roshan.

He added that earlier in Bollywood, stardom came after decades of hard work and that fame was for life. Today stardom is easily attainable like instant coffee, one can even buy followers, fans and verifications. Today's stardom is like fast food. He also highlighted that he's grateful for the love he receives from his audience but he doesn't feel like a star.

Vicky will next be seen in Sam Bahadur, a film on the 1971 war hero Sam Manekshaw. For this he teams up with Raazi director Meghna Gulzar. He will share screen with Sanya Malhotra and Fatima Sana Sheikh. **-ETimes**

Part-time actor

Dia Mirza says she chose to be a "part-time actor" so that she can devote more energy towards conservation and environmental causes.

The actor, also a Goodwill Ambassador of the United Nations Environment Programme (UNEP), said she feels a certain sense of responsibility in making the world a better place.

"I was recently telling the head of UNEP in India that I act part time. Most of my time and energy is spent in conservation efforts and environmental action in the country.

"I do it because I feel responsible, I feel a sense of urgency. I feel that the only way I can safeguard my children's present and future is if I contribute to solutions that make a difference," Mirza told PTI in an interview here.

On Saturday evening, the 41-year-old delivered a keynote speech on sustainable living at a three-day nature and wildlife festival, 'Nature in Focus 2023', held in Bengaluru from July 28 to July 30.

But Mirza, known for films such as "Rehnaa Hai Terre Dil Mein", "Parineeta", and "Bheed", agrees that cinema is a powerful instrument of social change.

Citing the example of Oscar-winning documentary short "The Elephant Whisperers", the actor said, "I think conservation efforts in cinema can be far reaching. There is no greater medium to impact change than the medium of storytelling."

Mirza said she wants to help in conservation efforts and spread advocacy through her filmmaking ventures and photography. The former Miss Asia Pacific International said the first film she directed is called "Kids for Tiger".

"It was about eight years ago. It was actually a poem written by Cara Tejpal and Sahil Sangha. It is available on YouTube; it is free to view," she said. **–PTI**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Sheela is set

Ragini Dwivedi-starrer bilingual movie Sheela that is made in Malayalam and Kannada is scheduled for release next Friday. A function was held at SRV Theater, Malleswaram on Friday to release the trailer of the Kannada version. Priyanka Upendra was the chief guest.

Priyanka appreciated the quality of the trailer. "Ragini Dwivedi's performance is superb in action scenes. Sheela may very well be the best among Ragini's movies till date. The story of this movie conveys a message to women on the need of not losing hope during hard times," said Priyanka.

Thanking Priyanka for launching the trailer, Ragini said Sheela is a woman-centric movie. "The screening of the Malayalam version began on Friday and the movie is receiving a good response. The Kannada version of this movie will be released on Friday at around 100 theaters across the state," said Ragini.

Balu Narayanan has helmed the movie.

Big Bang theory

Director Sree Ganesh Parashuram is excited about the release of his maiden movie Bang on August 18. A function was held at Lulu Mall on Saturday for the release of the trailer of Bang. Veteran character actor Dattatreya released the trailer.

"The movie was shot in Bengaluru and Mangaluru. The shooting got delayed due to Covid 19 pandemic. It is a dark comedy," said Parashuram. The director said the film has six songs and music is scored by Ritvik Muralidhar. "Ritvik also plays a role in the film," he said.

The movie's highlight is that singer and music director Raghu Dixit plays a key role in it. "Raghu Dixit plays the foster parent of the heroine played by Shanvi Srivatsa. I approached him for this role because of his physique and body language," he said. He said Raghu Dixit and Shanvi Srivatsa feature in an action scene shot in the rain for 48 hours.